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FREE

NOVEMBER 8, 2012



How to make it in fashion



We ask the people who have the glamour business all sewn up **P12**

Director's dramatic intervention

DANNY STANDS UP FOR SEATED WOMAN



■ Oscar-winning director Danny Boyle has waded into the row over the future of a multi-million-pound sculpture.
■ Tower Hamlets Council wants to sell Henry Moore's *Draped Seated Woman* to raise cash.
■ But Boyle has joined with other cultural figures to urge the mayor to think again.
■ And on Tuesday night, sparks flew as the issue returned to the council chamber.
Full story • Page 3



PLUS Docklands artist dies just days before his lifetime's dream journey **P10**

Inside



FAST AND FURIOUS

Tunnel car rallies driving residents crazy, says MP **P7**



THE COLD FEET BLUES

Adventurers see the pain bigger than the gain **P5**

WIN

tickets to The Taste of Christmas at Excel

P46



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WEATHER

12C	TODAY	Partly cloudy
12C	FRIDAY	Mostly cloudy
10C	SATURDAY	Partly cloudy
9C	SUNDAY	Partly cloudy
12C	MONDAY	Light rain



TRAVEL

TUBE & DLR
DLR and Jubilee line are both fine.
ROADS
No problems on the roads.

Don't even THINK of going home until 4.30pm when you can check our travel update

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Agenda

Proper shopping list for the end of days

As I write this, America is mopping up after Hurricane Sandy. My heart goes out to all those who lost loved ones, homes, or livelihoods in the US and the Caribbean.

Back in wet and windy Blighty (though not *that* wet and windy) images of the pre-hurricane preparations remind me of panic buying here.

We're lucky enough to avoid hurricanes; the natural disasters we most frequently suffer are the wilful water works of *X-Factor*.

When we are faced with impending doom – fuel protests, snow, the lead up to Christmas – we panic buy.

BLONDE'S EYE VIEW



ANGELA CLARKE

We empty the supermarket shelves in case we're trapped in our homes for days, or weeks, or until the day after Boxing Day.

I have no problem with this. Those New Yorkers queuing in Wholefoods are probably feeling snug now the city is partially submerged.

What I question is what we British panic buy. I don't know what flies off the shelves in Lower Manhattan, but here we always buy two things: bread and milk. That's right, two items that are guaranteed to go off quickly.

Unless you have a young child in the house that's reliant on milk, what are you doing with all that lactose?

Has this country's tea dependency reached such levels we'd prioritise it above food? And what's the bread all about? Are you planning to live off toast? If the zombie apocalypse is coming I'd like a little more nutrition and energy than a slice of white. Man cannot live by Marmite alone.

If I'm going to be housebound due to strike action or weather, I'm buying frozen ready meals and cans of peas. And microwave popcorn. For all the films I'll be watching when I'm stuck inside.

Sensible precautions.
Find Angela on twitter:
@TheAngelaClarke

Reuters' view



Andy Murray celebrates defeating Tomas Berdych of Czech Republic in their men's singles tennis match at the ATP World Tour Finals in The O2 arena

More ATP tennis / Pages 54-55

A week in photos
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NEWS

Dock eyesore must go

Residents say that rusting barges left in Blackwall Basin are an eyesore and should be removed straight away.

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Failing the test

The principal of an Isle of Dogs school has hit out at the exams watchdog over the GCSE fiasco.

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Airport's £15m vision

A multi-million-pound upgrade has been announced by London City Airport in a bid to lure traffic.

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FEATURES

Spice up old traditions

TV chef Vivek Singh will be adding some spice to the traditional Christmas menu in the Docklands.

Food • Page 46

Raising the curtain

Half Moon Young People's Theatre is ready to raise the curtain on the latest phase of its renovation.

What's On • Page 48

No ceiling on ambition

Dithering over the future of aviation in London hasn't stopped Cityjet pursuing an ambitious expansion.

Business • Page 50



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Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

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Old Flo finds friends to protest 'Philistine' sale

ARTS

It's a done deal, fear Tories even though Docklands museum has offered help

Beth Allcock
@wharf.co.uk

It's a rare occurrence when councillors of differing political hues, an international film-maker and a Docklands museum all speak with passion about the future of just one woman.

But this is no ordinary lady – it's Henry Moore's sculpture of a *Draped Seated Woman*, affectionately known as Old Flo, which was gifted to Tower Hamlets Borough Council, initially installed in the Stifford Estate and now housed at the Yorkshire Sculpture Park for security reasons.

Last month, Tower Hamlets Mayor Lutfur Rahman decided to explore options to sell the artwork, which some have estimated to be worth up to £20million, at auction next year.

This prompted outrage from Conservative members who demanded a re-think.

Clr David Snowdon, leading a new debate on Tuesday, said: "It's time for Tower Hamlets residents to have full enjoyment of this piece of work. We have a major piece of artwork by an internationally-known sculptor and not enough people have seen it."

"It could be seen that the Mayor has become a philistine, not only selling off the artwork but not giving due regard of the enjoyment and cultural benefits that could be accrued."

In a letter to *The Observer* (see panel) Danny Boyle and the artist's daughter among others pointed out that Henry Moore had laid down his wishes over the statue's future.

Clr Snowdon highlighted a letter from the Museum of London Docklands offering to host the artwork.

Speaking at the meeting Sharon Ament, director of the Museum of London Docklands, said the Moore sculpture could be housed at the West India Quay site "for public enjoyment" and without requiring a transfer of ownership.

She said her team had already received offers to help transport the statue, as well as help with insurance issues.

She said: "We would work to ensure there are public programmes developed around the statue for the people who live in Tower Hamlets."

"This statue is something we should all be proud of rather than viewing it as a nuisance."

But Cllr Rania Khan, Cabinet member for



The Draped Seated Woman by Henry Moore in Yorkshire Sculpture Park

culture, accused the Tory councillors of standing up for the "fat cats and cultural elite".

She said: "For 13 years no-one has mentioned it, no-one has talked about it."

"When I see 12 people living in the same flat or there's pensioners freezing, we have to sometimes make difficult decisions."

"Yes, it's a beautiful piece of art but that £20million would go a long way, especially at this time in this climate."

"We are here to support the most vulnerable in our community and I am disappointed that some councillors are using this as political point-scoring."

Heather Bonfield, interim service head of culture, said the work "was not insurable" due to the potential risk of metal theft.

But councillors sitting on the committee broadly agreed not enough work had been undertaken by the council to explore options.

Another cabinet meeting and decision was due last night (Wednesday) after *The Wharf* went to press.

But Cllr Tim Archer said: "I am fearful and pessimistic that the Executive has made up their mind and they want to get their hands on the cash."

For the outcome, see next week's issue and updates at wharf.co.uk.

LETTER: Against sculptor's wishes

Edited extracts from letter to *The Observer*

■ We would like to express our concern about the proposal to sell the sculpture *Draped Seated Woman* by Henry Moore. While we understand the financial pressures that Tower Hamlets faces, we feel that the mayor's proposal goes against the spirit of Henry Moore's original sale to London

County Council at a favourable price on the understanding that it would be placed in east London.

The presence of the sculpture in Stepney was a demonstration of the postwar belief that everyone, whatever their background, should have access to works of art of the highest quality. That is why Moore was so delighted to see the work sited as the

centrepiece of a housing estate in London's East End.

We hope that Tower Hamlets will reconsider and find a suitable location that continues to honour Moore's idealistic vision.

Mary Moore, the artist's daughter; Richard Calvocoressi, director, Henry Moore Foundation; Nicholas Serota, director, Tate; Danny Boyle, film director and producer; Peter Murray, director, Yorkshire Sculpture Park; Rushanara Ali, MP for Bethnal Green and Bow; Mary Creagh, MP for Wakefield; David Adjaye, architect; Jeremy Deller, artist

NEWS IN BRIEF

Latest news

Painted Hall gets £335,000 grant

GREENWICH Plans for the first conservation work on the Painted Hall in over 60 years will take place thanks to a £335,000 grant from the Heritage Lottery Fund.

The spectacular hall based in the Old Royal Naval College, attracted 1.7million visitors last year.

Sue Bowers of the Heritage Lottery Fund said: "The fund has invested some £75million in the royal borough, and now added to the list of projects is the Painted Hall Project which is considered to be one of the UK's finest baroque interiors."

Last few tickets for DBC awards

CANARY WHARF The last few tickets are available for next week's Docklands Business Club Awards dinner.

The event will be at the Museum of London Docklands on Thursday, November 15. The evening starts at 6.30pm.

Among this year's sponsors are the London Legacy Development Corporation, HSBC, London City Airport and *The Wharf*. Go to docklandsbusiness.org.uk.

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NEWS IN BRIEF

Charity digest

KPMG sets £1m charity target

CANARY WHARF Two charities will benefit from a partnership with Wharf-based KPMG.

The firm is teaming up with Action For Literacy and Shelter and aims to raise £1million.

The help will come in the form of pro-bono work as well as volunteering activities.

Shed your spare coat this winter

CANARY WHARF Anyone with more coats than they know what to do with should bring them along to the estate's Tube station tomorrow (Thursday) between 7am and 11am.

Volunteers for Wrap Up Warm London will collect them and distribute them to the needy.

BEN BROOMFIELD



Resident Richard Gosling is furious that barges are being allowed to rot in picturesque Blackwall basin



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We won't let this dump rust in peace

ENVIRONMENT

Residents protest at 'eyesore' they say mars Blackwall basin

Beth.Alicock
@wharf.co.uk

Residents living alongside the Blackwall Basin have branded a collection of barges and a steel pontoon, moored in its waters for the past 14 months, an "eyesore".

Angry Richard Gosling, who lives in the Jamestown Harbour development, has been leading the charge for the removal of the vessels, which were re-located to the basin from South Dock more than a year ago.

He accused the Canal and River

Trust, formerly British Waterways, of "dumping" what he believes are rusting boats into the waters of the Grade I listed basin, metres from his home.

He said: "It is a positive disgrace. The boats should never have been brought in. Initially, they were going to be moved last Christmas, then we were promised they would be moved before the Olympics.

"Then it [the Canal and River Trust] said it couldn't move them in October - it hasn't made any effort."

He pointed the finger at Tower Hamlets Borough Council too, claiming it was a breach of planning law - which is disputed.

He said: "It's disgraceful the council has totally ignored this. It tells me it has had discussions with the Canal and River Trust and nothing has transpired - the council is very reluctant.

"It's just a shocking eyesore on what is a beautiful, Grade I listed basin and

a very important part of Docklands heritage."

A spokeswoman for the Canal and River Trust said the vessels had been moved into Blackwall Basin due to construction work at Wood Wharf.

She said: "We are not in breach of planning permission - the barges are moored up alongside a Grade I listed wall but are not causing any damage or alteration to the structure.

"In fact, these are working docks and have always been busy with boats."

"The pontoons are regularly used throughout the docks for construction works, and one of the pontoons is currently being used at Wood Wharf."

"We are looking into options to dispose of the barges."

A spokesman for Tower Hamlets Council added: "The Canal and River Trust is able to moor barges in the canal and basin as long as this is associated with the proper use of the canal for the charity's specific purposes."

Solicitor jailed for wife's murder

A SOLICITOR who taunted his wife's family with sick text messages as he beat her to death has been jailed for life.

Mohammed Habib Rahman, 32, of Stanliff House, Cassilis Road on the Isle of Dogs, killed Jasmin Chowdhury on December 17 last year.

Police were called to the home by the victim's family after Rahman sent them text messages, including one which read: "Come take your sister's dead body from my flat."

Officers found the victim suffering from head injuries. She died in Royal London Hospital three days later.

Det Ch Insp John Nicolson said: "Rahman is a violent man and it is clear his wife had suffered at his hands before. A friend of



Jasmine's told us she had seen her with previous injuries including a black eye and a broken finger.

"We would urge anyone suffering from domestic violence to get in touch with police."

A statement released by Jasmin's family said: "We are devastated by the loss of our sister. We wanted justice for her. Jasmin was a kind, caring, thoughtful, selfless and beautiful person. We miss her dearly and love her so much. Words cannot describe how traumatised we are, having had our sister taken away from us forever in such a horrific manner."

Rahman was ordered to serve at least 18 years in prison.

Feeling lousy, weather is vile

FORGET the exotic image you may have of sailing – sitting in the sun on deck sipping a glass of Prosecco, watching the dolphins dive.

PA from Poplar Michelle Porter knows the real horror story as she ramps up her training for the Clipper Round The World Yacht Race.

The 35-year-old is one of 600 people taking part in the mammoth event after being chosen from 10,000 applicants.

And she's just returned from stage two of the training – nine days at sea off the south coast of England.

"The weather was pretty vile,"

said Michelle. "Cold and very wet. Putting on wet clothes shift after shift. We did three hours on and three hours off but on one day did a 8.30am to 10pm shift with crews constantly putting sails up and down.

"The weather was terrible and most of the crew were sick. I felt sick about six out of the nine days. There's certainly nothing glamorous about the clipper race."

The gruelling year-long challenge sees teams do battle in 70ft yachts over a 40,000 mile circumnavigation of the world, in conditions that

range from tropical heat to winter storms. As well as the stints on the sea, Michelle trains daily at Corinthia Hotel in Whitehall with the health club's personal trainers.

Meanwhile, Michelle is continuing to raise the £43,000 needed to pay for the event, which will begin in July next year.

"I've got enough to go halfway round the world now and have also raised £5,000 to the Alzheimer's Society, which is dear to me as my grandfather had it," she said.

Go to michellesyatchracedream.com.

Rob Virtue



Michelle Porter got a true flavour of the cruel sea during a training exercise off the south coast

Are you embarking on a gruelling adventure? Tell us your story at newsdesk@wharf.co.uk

Why did I sign up for this torture?

CHALLENGES

Rob.Virtue
[@wharf.co.uk](http://wharf.co.uk)

Reebok personal trainer Darren Bruce is taking on a 24-hour endurance race with death-defying obstacles – all to keep face with his client.

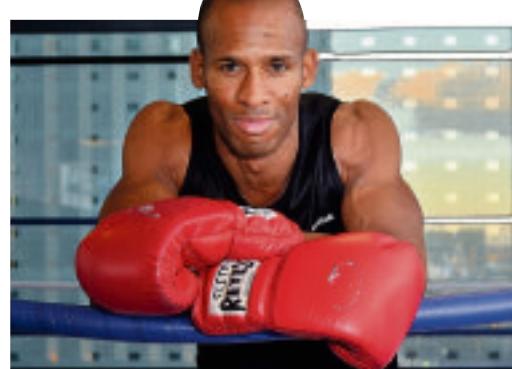
The 39-year-old ex-boxer is heading to New Jersey for the Tough Mudder challenge after coming in the top five per cent of 5,000 in a qualification event in England.

That was at Kidderminster where challenges on the 12 mile race included running through burning bales of hay and electric wire and tackling swamps and muddy ditches.

The stakes are even higher on the bigger stage of the World's Toughest Mudder in the States later next week.

"I didn't want to do the qualifying race in the first place," said Darren. "It's crazy. But a guy I train was doing it with his friends and asked me to come along."

"How can you say no to a client when you're pushing him all the time to try harder?"



LOUISA EMERY

Darren Bruce prepares for the Tough Mudder challenge



Darren's boxing career saw him fight for the IBO world welterweight title, which he lost on points at York Hall back in 2000.

After retiring, he's worked at the Reebok Sports Club in Canada Square since it opened 10 years ago.

But despite his peak physical shape, Darren is not backing himself to bring home the \$15,000 winnings.

That goes to the person who completes most laps of the eight mile course in 24 hours at the November 17 event.

"The bit that worries me most is the water," he said. "It's going to be freezing. Last year it was about -7C, so you're in freezing clothes and then standing around waiting to go on the obstacles."

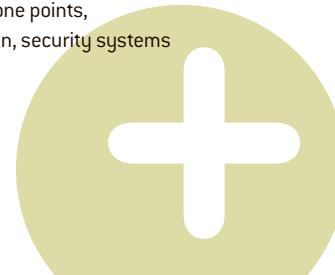
"Certainly my background will help, especially the boxing, but it can only go so far."

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DISCOUNT If Blink is offering 50 per cent off manicures does that entail slicing away half the nail? More likely it just means their two-week manicure is down from £55 to £27.50 until the end of November at their Canada Place bar.



UK MPs say Starbucks' tax shenanigans have undermined public trust in the whole tax system. @nickshaxson

DILEMMA Do we avoid Starbucks with the same efficiency as Starbucks avoids tax? Or do we capitulate to the toffee nut, eggnog and gingerbread lattes in their Christmassy red cups?



In Roka Canary Wharf having dinner over looking the ice rink and people whizzing round... Feels very Christmassy x @Mario_Falcone

SMILE Be quick. While appointments last, Barbican Dental Care at Westferry is offering a free consultation (worth £75) before the end of November for its "nearly invisible teeth straightening". Go to barbicandentalcare.com.

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College aims to ease students' cash woes

EDUCATION

Sponsors donate £70,000 as an early Christmas present

Beth.Allcock
@wharf.co.uk

For those at Newham College, charity begins firmly at home.

The institution has embarked on a new partnership with The Learning Revolution Trust to tackle the financial obstacles that can deter many east Londoners from further education. After six months of hard graft and with the support of high profile patrons including Tessa Sanderson, the new charity was officially launched at a glittering Olympic-themed event, raising £32,000 in the process.

Trust chairman Martin Cumella said: "We have become aware that there are large numbers of students in Newham facing increasing difficulties in accessing education for financial reasons.

"So we felt we needed to establish a charity to raise money

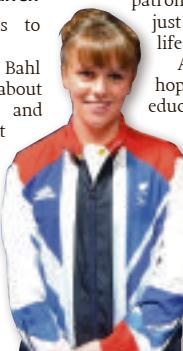


Tessa Sanderson and Martin Cumella. Below: Amy Marren from business sponsors to meet those needs."

Charity trustee Parin Bahl said: "We hear stories about people being hungry and hungry students can't learn."

"We are trying to support people so they can afford to eat and pay for travel."

The charity has assessed the needs of a variety of students and earmarked a £70,000 funding pot for bursaries.



to be handed out in the run-up to Christmas.

And to boost its financial support for students, organisers are keen to team up with businesses in the wider east London area.

"When you talk to businesses they are very keen to help young people because they know that's the future," added Parin.

Patron Tessa Sanderson, who launched the charity alongside fellow Olympians David Weir, Christine Ohuruogu and Paralympian Amy Marren, said: "This will help create another pathway for them to achieve what they want to achieve. I wanted to be a patron mainly because it's not just about sport, it's about life skills."

And the trust has high hopes of transforming education in the area.

Martin added: "It will start in Newham, but we see it as an east London charity. We intend to kick it off here but we intend to broaden it out over time."

To donate, go to learningrevolution-trust.org.uk/sponsors.

Head rejects Ofqual take on blunders

THE principal of an Isle of Dogs school has accused examinations watchdog Ofqual of "incompetence" and "acting immorally" over this year's GCSE English results.

Headteacher Kenny Frederick, pictured, of George Green's School, said that Ofqual's final report on the fiasco, which saw a dramatic decrease in the national number of pupils achieving an A* to C grade in the subject, contained inflammatory comments while lacking evidence to support its claims that teachers were to blame.

Ms Frederick has called on Ofqual to substantiate reports that schools overmarked the work of their GCSE English pupils.

She said: "George Green's School has no confidence in the work that Ofqual is doing."

"Ofqual is poorly led and seems unwilling and unable to accept responsibility for its own mistakes."

"To put the blame on teachers is intolerable. Good leaders take responsibility for their own mistakes and do not use others as scapegoats."

Earlier this year, the school's AQA moderator described its marking of English work as accurate and worthy of commendation.

Beth Allcock



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Tunnel run car flash mobs are driving us crazy

ROADS

Underground petrolheads raise the temperature with loud rallies

Rob Virtue
@wharf.co.uk

In the road tunnels under Canary Wharf smoke billows from a modified Japanese car performing tricks in front of a large crowd.

The scene is from a YouTube clip of a "tunnel run", one of many established events that have taken place in east London over the years.

While those taking part describe it as harmless fun and a social event which raises money for charity, one MP said it was "dangerous and loud" and threatens the peace.

Jim Fitzpatrick, who represents Poplar and Limehouse, has written to the Met Police and Tower Hamlets Council urging them to ban the organised events, which see hundreds of Japanese cars take a route through areas such as Blackwall Tunnel and the Limehouse Link and also carry out laps of the underground roundabout at Westferry Circus.

"I want to see a dispersal zone in Tower Hamlets on organised tunnel run nights," said Mr Fitzpatrick. "At a minimum this should cover Westferry Circus where we've received the majority of complaints."

"Raising money for charity does not allow you to operate with impunity and doesn't justify dangerous and loud car driving which disturbs residents."



The car rally fanatics film themselves under Westferry



W What is the MP's view?

"Raising money for charity doesn't justify dangerous and loud car driving which disturbs residents."

No-one from the organising group, Miss Banzai, replied to a request for an interview. However, some of the attendees of these events angrily responded to the MP's comments at wharf.co.uk.

"Delia" wrote: "Logic would tell you that to have that many cars through tunnels at one time would be physically impossible to speed and cause any danger. I believe the pace is 10mph or stopped! It is held for genuine car enthusiasts, not boy racing chavs."

"Kirsty" wrote: "It's just a

fun-filled event to all get your cars all together and enjoy a run. No one is in danger as no speeding is committed."

Some also pointed out the money raised for charity with Miss Banzai earning nearly £20,000 for groups such as the Dogs Trust and London Air Ambulance since 2007.

One resident said: "The tunnels act as a megaphone for the noise to the surrounding residents."

"Using the excuse of charity still does not resolve the issue of noise pollution."

Mr Fitzpatrick said he wanted to hear from residents but insisted it was "not a war on modified car owners".

"The action I've demanded is due to legitimate constituent concerns which must be listened to, not because of a vendetta against owners," said the Labour MP.

"I'm happy to hear both sides of the story."

TfL says sorry for gridlock

TRANSPORT bosses have finally apologised for the chaos caused by a triathlon in September which saw thousands of motorists stuck in gridlock on the Isle of Dogs.

Transport for London director Vernon Everett wrote to Poplar and Limehouse MP Jim Fitzpatrick and admitted it made mistakes.

Mr Everett wrote: "I am sorry that your constituents were caught up in this, and plainly we must do better next time."

He said for next year TfL would force the organisers IMG Events to pay police to manage problems and provide better signage

in advance. But Labour MP Mr Fitzpatrick was unimpressed with the letter.

Mr Fitzpatrick, who wrote to the mayor demanding answers, said: "The reply from TfL won't give much comfort to the people who experienced significant disruption. Residents must have a cast-iron guarantee they will not face disruption next year and this means leaving all options on the table including relocation of the event."

"I want to hear from any constituent who experienced disruption on that day who hasn't come forward."

Rob Virtue

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EXHIBITION DATES

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WEDNESDAY 14/NOVEMBER/2012

1:00 PM - 8:00 PM

THURSDAY 15/NOVEMBER/2012

12:00 PM - 6:00 PM

FRIDAY 16/NOVEMBER/2012

12:00 PM - 6:00 PM

SATURDAY 17/NOVEMBER/2012

2:00 PM - 6:00 PM

WORKSHOP DATES

We are also hosting design workshops to discuss the proposal in more detail with the community.

THURSDAY 15/NOVEMBER/2012

6:15 PM for a 6:30 PM start

SATURDAY 17/NOVEMBER/2012

10:15 AM for a 10:30 AM start

Please email info@londondockconsultation.co.uk or call 0800 319 6958 to register your attendance at a workshop.

Comment / Page 49



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Digest

The Week In Brief

Nov 1-8 • Round-up of other news from the last 7 days

BEN BROOMFIELD



**Photo
story**

Canary Wharf commuters received a Monday morning caffeine boost with the attempt to break the world record for the biggest cup of coffee. The stunt by coffee machine makers De'Longhi saw 13,000 litres of the drink poured into a three metre high mug at Montgomery Square.

Mayor holds talks with NFL over stadium deal

STRATFORD Mayor Boris Johnson has had talks with NFL bosses about staging American Football matches at the Olympic Stadium.

The franchise has a five-year deal with Wembley Stadium but if talks go well, NFL clashes could be played in Stratford from 2017.

The mayor's spokesman said: "The mayor and his team have held a number of meetings with senior executives to explore further opportunities involving the NFL and London."

Assembly Member for City and East John Biggs said making NFL the anchor tenants would be an "act of desperation".

Leisure firm admits to failings over drowning

ISLE OF DOGS A firm which runs an Essex leisure centre where a seven-year-old from the Isle of Dogs drowned has admitted health and safety breaches.

Michelle Gellard, pictured, was at the Blackwater Leisure Centre for a judo competition in June 2008 when the tragedy happened.

At Chelmsford Crown Court on Monday Leisure Connection Ltd admitted failing to ensure her safety. The company will be sentenced in March.



First Crystal milestone with 10,000th visitor

DOCKLANDS London's latest gem has welcomed its 10,000th visitor after opening its doors just 40 days ago.

Siemen's Crystal is the flagship building of Mayor Boris Johnson's regeneration plans for east London. It houses a fully-interactive hi-tech exhibition designed to explore the future of cities, with two film theatres and a conference centre.

And last week, John Roebuck of Sunderland became the 10,000th person to step foot inside. He and his family enjoyed a glass of champagne.



John Roebuck, second from left, alongside wife, Janet, and son Chris, right, are met by guest services manager John Palmer

MP says lives will be put at risk with 999 cutbacks

EAST LONDON Lives would be at risk if plans to shut fire stations are carried out, Bow and Bethnal Green MP Rushanara Ali, pictured, told the House of Commons.

Her claims come after London Mayor Boris Johnson said stations must save £65million. Bow, Whitechapel, Silvertown and Woolwich are under threat.

"I am shocked at the mayor's apparent willingness to take such risks with the safety of residents," she said.



Theatres get makeover thanks to hefty grants

TOWER HAMLETS Theatre space in Tower Hamlets will be given a makeover thanks to donations from a new funding pot.

Wilton's Music Hall and the Half Moon Young People's Theatre have received cash from The Theatres Trust Protection Fund.

The Grade II listed music hall will restore its orchestra pit and undertake urgent repairs to the auditorium floor following its cheque for £5,000, while a £2,000 sum granted to Limehouse-based Half Moon theatre has been used to fund a new lift.

New moon / Page 48

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Airport to spend £15m on upgrade

A MULTI-million-pound terminal upgrade has been announced by London City Airport which it hopes will allow it to take on traffic from other south-east airports.

The aerodrome in Newham will invest £15million to bring in new departure gates, improve lounge facilities, re-develop the arrivals hall and improve baggage handling areas.

It will help the airport, which currently handles 70,000 flights each year, reach its target of 120,000 agreed with Newham Council back in 2010.

The announcement comes at a time when the aviation debate on how to increase London's airport capacity rumbles on.

London City's CEO Declan Collier said: "With the investment we've announced and further infrastructure work over the next three years, we can reach our permitted capacity, maintain our high standards and absorb some European air traffic from other airports in the south east that are beginning to feel the strain."

Work will begin early next year.

The airport is also looking to submit a planning application on a reconfiguration of the stand areas in the first half of 2013. This will allow planes with wider wing span to come to the airport.

Rob Virtue

Cityjet's ambition / Page 50

Artist dies days before his lifetime's dream adventure

PEOPLE

Ex-publisher had overcome alcoholism and was set for Asian tour and exhibition

Rob.Virtue
@wharf.co.uk

A Docklands artist has died just days before he was due to head off on a "dream trip" to India to work on a new project.

Alan Osborne, 63, died at his home in East Ham last week.

He was preparing to leave on a three-month tour of the country culminating in an exhibition of his work in Mumbai, funded by a grant from the cultural arm of the Indian High Commission.

The former magazine publisher hit hard times due to alcoholism before discovering a passion for art, which helped him put his life back together.

Michael, his sponsor at Alcoholics Anonymous, said: "The last time I saw Alan we had a meal and when I left him, I went away with the feeling



Alan Osborne at a reception to mark the Indian tour he would never make

W What has life taught you?
"Whether you think we've got one life or many, this one is precious."
Alan Osborne
Speaking just before his death

difficulties at the Look Ahead Housing Association.

Gurpal Jandu, team leader at Look Ahead, said: "Alan was at a fantastic point in his life and he had come full circle. He was an amazing person to have in the service, very inspirational."

Alan sold his art to a wide range of buyers, from gallery owners to restaurants and fellow artists and his pictures commanded five-figure fees.

His first exhibition, *Elysium In The Modern World* was featured on BBC News in July 2010 before his second, *Made In India*, was held at the Nehru Centre and saw the Indian group award him an Orientation Grant.

This provided him with the funds for the journey.

Just two weeks before his death, Alan held a celebration evening at Monsoon in Brick Lane, which was attended by East Ham MP Stephen Timms.

Speaking at that event, Alan said: "This is a fantastic opportunity and I'm very grateful to the Nehru Centre for funding this trip.

"My message to anyone who goes through challenges is never throw the towel in on life. Whether you think we've got one life or many, this one is precious."

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News

GETTY



MEETING OF ACES

Boris Becker meets Barclays Unsung Tennis Hero Milton Gayle at the bank's Canary Wharf headquarters as part of the ATP World Tour Finals across the river at The O2, which the bank sponsors. Milton runs after-school children's activities for Southwark City Tennis Club.

Sport / Page 54

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Life



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Break into the fashion world with verve and virtuosity

Beth Allcock heads to an industry seminar at UEL to become sharp as a needle and bright as a button

If you find yourself whiling away your working day with dreams of the catwalk and notepads full of ink-sketched designs, it might be time to take a leap into the fashion industry.

But be under no illusion – it's a notoriously tough nut to crack.

Fortunately your Wharfer business-nous, coupled with a support net offered by the University of East London (UEL) – tailored to guide the entrepreneurs of tomorrow through their crucial first months in business and offer support as they flourish – should stand you in good stead.

"As a creative person it can be quite difficult to see yourself as an entrepreneur, but that's equally important," said UEL's development manager **Linsey Cole**.

"What we are doing at the university is giving people access to the networks and support they need to start themselves as entrepreneurs."

"There is so much untapped potential out there and if you're going to create more GDP it has to come from business."

Speaking at the *All You Need To Succeed In Fashion Today* seminar at UEL recently,

Linsey said the university's acclaimed Knowledge Dock business incubator could house up to 40 start-ups at a time as well as providing mentoring and industry contacts.

She said: "We work in partnership as much as we can with other people. We want to be able to offer you



UEL's Linsey Cole

the best support we can and it's making sure you feel supported in your first year of business."

To offer another avenue of support, the university recently launched its £1.5million Make It Global project, targeted specifically at female-led small and medium-sized enterprises.

The programme will be

led by the university-based Centre of Excellence for Women's Entrepreneurship and harness the benefits of networking, specialist support and country-specific events for a two-year period.

Both university-based Fab Pad, a digital fabric printing studio, and not-for-profit initiative The Fashion Studio, a production and sampling factory by training provider Fashion Enter, can also lend a helping hand in transforming young entrepreneurs' designs into reality.

One home-grown success story comes in the form of Caramel Rock – a company created by Newham-based **Faith Johnson**, a former UEL student.

Following its creation five years ago, the business is two-fold – a fashion brand, making and selling garments through an online boutique, and a community educator, offering courses and working with more than 800 residents to help them get involved in fashion.

Offering advice to those looking to get their foot in the door, Faith said: "Particularly with the fashion industry, everybody tries so hard to be different, it's almost looking the same."

"Everybody tries to be unique, but I would advise people to find who you are as a creative and who you are creating for and to do that to the best of your ability. That way, you will see a return."

"But it cannot be all about the money – there are so many other issues that come out of being an entrepreneur. Hard work really does pay off in the end."

Go to uel.ac.uk/knowledgedock

TOWER HAMLETS COMMUNITY FORUM CITY PRIDE AND ISLAND POINT

A Community Forum to discuss the revisions to the consented schemes at both City Pride and Island Point will be held at: 7pm Thursday 22nd November

Docklands Sailing and Watersports Centre
235 Westferry Road
Isle of Dogs
London
E14 3QS

This event will include a short presentation of the plans for City Pride and Island Point, followed by a question and answer session. Materials previously on display at the recent public exhibition will be available to view, along with members of the development team.

If you would like to attend or require any further information please call
0800 458 6976 or
email citypride.islandpoint@yourshout.org

START-UP TIPS

Jenny Holloway, former fashion buyer and current director of Fashion Enter, offered her top tips to new designers at the seminar:

- Start small, think big.
- Network.
- Companies don't plan to fail but fail to plan.
- Take control of your

costs from day one.

- Recognise your strengths and weaknesses.
- Turnover = vanity, profit = sanity, cash flow = reality.
- Ring up Companies House for advice.
- Take a note of everything you do.



If you dream of filling that space, get in touch with UEL

INDUSTRY INSIDERS

The seminar at UEL saw some leading fashion figures offer advice to the eager attendees.

■ **Caren Downie**, buying director at ASOS, pictured said designers should think outside the box.

"Be realistic about your cash flow," she said. "It's not necessary for absolutely everyone to have their own show at London Fashion Week. Quite often it doesn't work."

"You don't have to follow what you think would be the normal route of getting your brand out and about."

"A lot of it is who you know in this world. If you can't afford to do PR, think about reserving stock and gifting to individuals you think might be your brand ambassadors so it gets talked about."

■ **Amy Molyneaux** is co-founder of high-end fashion brand PPQ, whose creations are worn by stars ranging from Rihanna, Adele and Peaches Geldof.

She said: "Always do what you want to do. Don't get put off by anybody else. It's easy to say don't worry about money but otherwise, you won't do what you should do."

BAROQUE

Singer to showcase designs

★ Luxury fashion from the Baroque era will be showcased in its namesake London venue by popstar Marina and the Diamonds.

The Baroque champagne and live music bar, in Mayfair's Playboy Club, will play host to the singer who will perform tracks including *How To Be A Heartbreaker* in two specially-designed dresses, created by Hasan Hejazi.

A familiar face on the designer circuit, Hasan is a favourite with Cheryl Cole, Jessie J and Leona Lewis.

The concert and fashion showcase starts at 8pm. Email info@baroquemayfair.com for reservations.

GETTY



Savile Row tailor Nooshin Bakhshi makes bespoke suits and has a ready to wear range, inset

BESPOKE

Cutting cloth with the boys

A DESIGNER is breaking down the gender barriers in London's Savile Row with her high-end collections of workwear garments.

In the space of just five years, 29-year-old **Nooshin Bakhshi** has cemented her place as one of the most sought-after tailors in the male-dominated sphere.

She began her career as an apprentice for a London-based couturier and was inspired by her experiences in her grandmother's dressmaking shop, watching her work and engage with well-heeled clients, including the Shah of Iran on one occasion.

She now helps everyone from City bankers to barristers and CEOs to dress for success at work, with her fashionable designs balancing femininity with self-confidence and class.

She said: "Working with the most incredible women at the top of their game is a huge perk of my role. They come to me because they recognise the way they dress for work and the image they portray needs to reflect their ambition and their senior position among their peers."

"It is wonderful to be a part of this exciting social shift towards more equality in business in some way."

Prices start at £850 for a bespoke, tailored jacket or dress to £1,650 for a suit. Nooshin's ready-to-wear pieces cost between £279 and £400.

Go to nooshin.co.uk.



TONI AND GUY

Salon gets all wired up

★ Breeze through your emails during your blow-dry or keep up-to-date with your social networks as your hair is transformed in Canary Wharf.

Hairdressing chain Toni and Guy, which has a salon in Canada Square Mall, has announced a partnership with O2 that will see WiFi installed for all customers to use, whatever their network.

It should be in operation by the end of the year.

Ben Mein, commercial director at O2 WiFi, said: "Toni and Guy customers' lifestyles mean many are time-poor so the 90 minutes to themselves is prized."

Go to toniandguy.com.



FITNESS WITH LAURA WILLIAMS

Get the look: Denise Richards

Um and actress Denise Richards shuns some of the glitzier LA establishments for a serious boxing gym.

How she does it: The 41-year-old star of *Anger Management* likes to hone, tone and vent her anger at California's Steepleboxer gym, kicking, punching and sparring her way to an enviable bikini body.

Do it for yourself: Kickboxing is one of the most popular martial arts and it's relatively easy to get to grips with. If you're looking to tone both upper and lower body, and your abdominals too, it could be the thing for you – benefits include:

■ **Stress relief:** Kickboxing's a cardio workout like no other if you're looking to let off a bit of steam. Not only do you get the exercise endorphin boost, you get to channel your aggression in an effective and safe manner.

■ **Big calorie-burning:** Expect to burn anything between 400-700 calories an hour during a session. And if you go to a class that combines kickboxing with other drills such as push-ups or fast shuttle runs, you'll get an even more intense workout.

■ **Multiple muscle-toning:** You get to work everything from shoulders to abs and hip muscles with kickboxing. The best teachers will ensure you're putting your entire body weight behind the punch.

■ **Improved co-ordination:** Agility, hand-eye co-ordination and reflexes will all improve from a few sessions. You'll be surprised at the knock-on effects.



Denise Richards punches and kicks to keep her body trim

Q&A

I can't seem to lose weight. I never eat rubbish but wonder what else I need to be doing to tackle the dreaded middle-age spread?

While poor quality food often gets the blame for weight gain, any food, however nutritious, can cause weight gain.

Portion sizes and calorie content of the food you eat always need to be taken into account.

A huge plate of tasty, nutritious risotto will take the same toll on your waistline as a McDonald's. Try downsizing meals and avoid eating between them.

Take up some exercise – start small by including brisk walks then challenge yourself by breaking into a jog, or lifting some weights. You don't need to do as much as you think to get good results.

TOP tips

Ditch the weight loss TV: Last week, new research revealed TV shows that favour extreme exercise could be off-putting. The answer? Turn off the TV and try a fun class. No-one ever left Zumba in tears.



Go to laurawilliamsonline.co.uk, email questions to laura@laurawilliamsonline.co.uk or follow @laurafitness on Twitter

REUTERS

food

Small scale dining leaves guests nowhere to hide

REVIEW

Game and Bordeaux at The Gun

Blackwall

Gaze across the water from The Gun's River Room at the alien mothership bulk of The O2 and you'll see a venue where couples regularly stump up sizeable wads of cash to experience something in the company of strangers.

But its capacity of 20,000 allows for blanket anonymity. You might all be looking at Lionel Richie; but you don't have to talk about it with people you don't know. Private dining is a different matter. There's nowhere to hide.

A dozen of us are shown upstairs for this £60 a head experience and do our best in the early stages to ignore each other. Our French host Gui does his best to flit about the room involving everyone, but a certain distance is maintained.

It's as though we're all obeying an unwritten rule, unsure of our roles until we're called to table. Then, as the wine (well matched) and game begin to flow, punctuated by Gui's comic introductions, characters start to emerge.

Three men at the far end of the table remain somewhat aloof but up my end it's all low brow economics with an FSA employee, the



Breast of grouse with confit leg and chestnut Wellington, game jus and game chips

acoustic linings of aircraft engines with his mathematician brother and protein shapes with the latter's wife.

There's a smattering of viticultural bombast, but nothing too unbearable and the cool balm of the tender meats soothes it away.

Most pleasant are a pair of quiet accountants who seem gently tickled by the whole affair. So it's down to the bar for a G&T with our new acquaintances to relax our stomachs after their workout. Sublime.

If you fancy something similar, there's a Game and Rioja dinner on November 16 for the same price but be warned, you might end up next to someone like me.

The Gun, 27 Coldharbour, London, E14 9NS, 020 7515 5222, thegundocklands.com.

Jon Massey

Our verdict

Dining partners are fundamental component

★★★★☆

INTERVIEW

The chef behind City's Cinnamon Kitchen talks turkey with us

Beth Allcock
@wharf.co.uk

Adding a sprinkle of spice to your festive fare could inspire a Christmas dinner to remember.

But if you're a little apprehensive about stepping away from the security of sage and onion stuffing and boozy Christmas pudds in favour of a family dinner with a twist, chef Vivek Singh is on hand to take you through the basics.

The Indian culinary master, owner of Cinnamon Kitchen and a familiar face to viewers of the BBC's *Saturday Kitchen*, will take to the cookery theatre stage at Excel next month during its three-day *Taste Of Christmas* event.

"The main buzz for us is that the crowd is in festive spirits and it's a really good collection of people under one roof," he said.

"We will showcase some of our favourite dishes, which we feel are relevant around Christmas-time, and also give people ideas of how they can spice up their Christmas roast dinner.

"It's very simple, it's just the introduction of a few flavours of spice and it just transforms it.

"You can spice up your meat – try a herbaceous roast chicken stuffed with cumin, peppers, star anise and clove.

"It's quite Christmassy in many ways and it will pep up the whole thing.

"We also have our take on the proper Christmas pudding – we use garam masala spices.

Spicing up your festive dinner

CHEF TIPS

Vivek says preparation is key to success:

- Ensure you know who is coming for dinner, what they like, dislike.
- Consider turkey size and whether it will fit in your oven.
- Try to prepare everything so all you need to monitor on the day is your roast potatoes and vegetables
- Relax, and have a good time catching up with your loved ones.

It's really a cross between the traditional dessert and a sticky toffee pudding.

Taste Of Christmas just ends up like a big party – it's a wonderful thing to lift your spirits and look forward to something festive.

"Both *Taste Of London* and *Taste Of Christmas* are fantastic opportunities for me to be in front of the people who come and visit us at our restaurant.

"These events are a great chance to meet these people face-to-face and see their expressions when they taste

Feel immersed in history

REVIEW

The Perkin Reveller

Tower Hill

Mention Geoffrey Chaucer and images of sixth-form essays, sniggering students and a red-faced teacher too embarrassed to translate the poet's work come flooding back.

Throw the word "restaurant" into the same sentence and a bawdy wine adorned with garish images of The Wife Of Bath comes to mind.

Thankfully The Perkin Reveller, named after the poet's jovial creation in *A*

Cook's Tale, turned out to be the epitome of sophistication with its relaxed design and uncomplicated decor.

Tucked into a building overlooking the Thames, the location of this outlet, which opened in September, is perfect as Chaucer himself oversaw the construction of the Tower Wharf in 1389, in his role as clerk of the King's Works.

Immersed in all this history, it seemed only fit and proper I should start my visit with a Chaucer's Tea Break cocktail (£7.50) concocted with Earl Grey tea. The cocktail menu is vast – plenty of flavour and



Sea bream with bacon and peas at The Perkin Reveller

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Vivek Singh says he is looking forward to meeting the people who come to his restaurant face to face at *Taste Of Christmas*

and try different things, and we just get to know them better. We really look forward to it."

While Vivek will be busy rustling up numerous dinners at his restaurant on the big day itself, he said his family's Christmas evening would be dedicated to tucking into a spiced roast chicken stuffed with basmati rice and a boiled egg.

Taste Of Christmas, at the Excel centre, runs from December 7-9. Go to tasteofchristmas.com for more information.

WIN tickets to Taste

The Wharf has teamed up with *Taste Of Christmas* at Excel to offer five readers a pair of tickets each to the event.

For a chance to win answer this question: **What is Vivek Singh's restaurant called?**

You'll need this code **VS001** to enter at wharf.co.uk. The closing date is November 15.

at Chaucerian restaurant

variety wrapped up in a traditional leather bound book and my selection had me sold when it arrived in a retro teapot with a separate jug for milk. It's the kind of quirkiness I adore.

I opted for a rich, curried parsnip soup to start (£5.50), which tickled my taste buds with its velvety texture.

The tastiness and quality of the British fare continued to shine through in my main dish of baked sea bream with creamed bacon and pea (£16) supplemented with a side of creamy mash (£3.50).

The freshness of both the delicate fish, that flaked from the skin at the slightest

touch, and the pea and bacon garnish made for a mouth-watering meal.

One of the many things the restaurant has down to a fine art is its portion sizes. Helpings of both the starter and main were plentiful, without being overbearing.

Each course left me wanting a little more. And that's where dessert came in. On the waitress's recommendation and because I consider myself a bit of a crumble expert, I opted for a gooseberry and apple take with custard (£6).

It had a truly traditional feel, encased in a black metal tray.

It was delicious. Although the tang of the gooseberry lost its way in a sea of apple, the softness of the fruit coupled with the crunchiness of topping made for a more than delightful taste.

Only a short DLR ride from the Wharf, there are plenty of reasons to visit. *The Perkin Reveller, Tower Wharf, London, EC3N 4AB, 020 3166 6949, perkinreveller.co.uk.*

Beth Allcock
Full review at
wharf.co.uk

Our verdict

Light-touch historical zing
★★★★★

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What's On

STAGE

The Seagull
Southwark Playhouse



Anton Chekhov's darkly comic masterpiece gets modernised for this Southwark Playhouse performance.

Playwright Anya Reiss is behind the work, which includes Olivier Award winner Matthew Kelly among its cast.

It follows the story of a successful actress visiting her brother's isolated estate far from the city, inspiring dreams of fame among its inhabitants.

The play is directed by Russell Bolam.

■ **Now 8-Dec 1, 7.45, £10/14/18,** southwarkplayhouse.co.uk.

EXHIBITION

Parallel Play
Ben Oakley Gallery



A series of hand-made prints defined by their vibrant colour and raw energy will be on show in Greenwich.

Artist Veta Gorner will present her new creations as part of the *Parallel Play* exhibition.

The delicate images are packed full of character and take the form of etchings, screenprints and drypoint.

Many are built up from layers of hand-made paper with waxes and thread and reveal the time spent on every piece.

■ **Now 9-25, various times,** benoakleygallery.com.

STAGE

Sweet Smell Of Success
Arcola theatre



Set in '50s New York, *Sweet Smell of Success* is the story of a gossip columnist who ruled New York with titbits on anyone from the president to the latest It girl.

But things get personal when JJ Hunsecker uses his powers to ruin his sister's relationship.

The six-week Arcola production is the UK premiere of the Tony-nominated musical and sees Olivier award-winning actor David Bamber star as JJ.

■ **Now 9-Dec 22, £25 (£18),** arcolatheatre.com.

Revealing a second phase of the moon

PROFILE

Specialist youth theatre is ready to lift the curtain on £300,000 renovation

Beth Allcock
wharf.co.uk

A group that forged its existence by creating theatre "with and for" young people in Tower Hamlets is preparing to unveil its newly-refurbished home.

Teenage performers from Limehouse-based Half Moon Young People's Theatre will mark the official re-opening of the venue on Saturday, following three months of renovation at the White Horse Road site.

Director Chris Elwell explained the "reconfiguration" of the 19th century interior was the £300,000 second stage in a three-phase plan that started when the group bought the building seven years ago and will conclude with a renovated exterior.

"What the public will see is not only a space that is now three times the size that it was but also, because of the design of the reconfiguration, it is all glass," he said.

"As you come into the space, you will be able to see the whole of the public area in one vision, which allows us to give more public space, more places to sit and more space to wander around.

"We have also been able to put in an art gallery for the very first time.

"It's just going to give the public a much better experience."

Add in new toilets and a new lift, and the building will be fit for purpose when MP Rushanara Ali cuts the red ribbon at a family event on Saturday.

Youngsters aged between 11 and 18 will give visitors a glimpse of their skills on stage with a special performance.

Half Moon caters for young actors to create plays that they perform, coupled with its other function of putting on plays specifically targeted at youngsters, acted out by trained adults.

"The arts are for everyone," said Chris. "Every child should have experience of something creative before them – that's how we work."

"We go out to community centres, youth spaces and to schools to work with the young people in their location to inspire them to think about creative space and working in a creative way themselves."

"And part of it is these children come to the building and see the plays in the building themselves – it could be the first time they have come to the Half Moon or to the theatre at all."



YOUTH THEATRES

Lewisham Youth Theatre

■ **Established in 1987 at the Broadway Theatre, Catford.**
■ Workshops for children and young people aged eight to 21.
■ Performances for young people aged 14 to 21.
■ Demand for the theatre's work has prompted the addition of drama workshops, educational outreach programmes and Saturday morning children's theatre sessions.
Go to lewishamyouththeatre.com.

Unicorn Theatre

■ **Founded in 1974 by Caryl Jenner.**
■ The UK's leading theatre for audiences aged two years to 21.
■ It boasts two theatres, two rehearsal rooms and four floors of public space dedicated to producing and presenting work in its Tooley Street home.
■ Helen Mirren is a patron.
■ Productions of *Dr Korczak's Example* and *I, Malvolio* will be on-stage this weekend.
Go to unicorntheatre.com.



Director Chris Elwell is proud of the Half Moon's new open feel



"For many young people it is just the opportunity to engage, to be in a community and to play and perform at a level they can do. For some, it's a stepping stone for a career."

"I have been here a long time and I have had the privilege of knowing the history and knowing of our young people who started at five, six and seven years old who worked their way through the scheme."

"I know there are several who left us who have gone onto future training themselves in different ways and they are now professionally working in the industry."

And with the new art gallery space solely reserved for local artists, different creatives will have their chance to shine, including Stepney-based visual artist John Bunker who will present his *Vital Signs* exhibition as the first in the gallery.

■ **Family event, November 10, from 11.30am to 2pm including the official opening.**
■ **November 13, from 5.30pm, performance by Half Moon theatre group and private viewing of *Vital Signs* exhibition, opened by Rob Dickins CBE.**
Both events are free.
Go to halfmoon.org.uk.

SCREEN



Argo
(15) 120mins
★★★★★

When Iranians capture American hostages in 1979, six escape to the residence of the Canadian ambassador.

Back on American soil, CIA extractor Tony Mendez (Ben Affleck) concocts an elaborate scheme to rescue the escapees: he will pose as a film producer who has come to Iran to scout for locations for a sci-fi epic called *Argo*.

When Tony arrives on Iranian soil, he soon realises all of his smooth talking and experience might not be enough.

This real-life story fixes Ben Affleck as a true directing great and could land him an Oscar.



The Sapphires
(PG) 103mins
★★★★★

Booze-sodden Irish talent scout Dave (Chris O'Dowd) discovers an all-girl singing group crashing in a pub talent contest.

Ambitious 17-year-old Julie persuades Dave to put them forward for auditions to entertain the troops in Vietnam. Dave eventually agrees but he needs to make changes that cause friction.

A feel-good comedy that cements O'Dowd's new status as leading man.



East End Babylon
(18) 109mins
★★★★★

Formed in the late '70s by brothers Jeff and Micky Geggus in the East End of London, punk rock band Cockney Rejects courted controversy.

Music producer Richard England makes his directorial debut with this documentary about the band, which expands into a rich history of the East End and a portrait of the generations who lived around the largest docks in the world.

Comment

True face of US – cheerfully stuffed with 7lbs of beef

Want the true face of America? Every journo's been trying to locate that Everyman physog to justify their extended stay Stateside. I'll tell you my take from the sofa. Go to the weirdly compulsive *Man vs Food* on Dave.

There, steel-stomached dude and bromancer Adam Richman tours the States for the best take-out challenges – usually 7lb of meat in a bap, or a bucket of wings dipped in livid lava.

With his fist bumping, tum thumping, fat-gorging, all-you-can-eat attitude and his chugging, chanting, cheery

home-town patriots all rooting for the looting – that's a slice of American pie right there, the good, bad and ugly. God bless America and her Six Cheese Mad Mountain Melt Special.

PS: Man vs Food? Porridge wins every time and we are but humble supplicants.

■ Anyone with an ounce of curiosity and a WiFi link can make a confident guess about the identity of the "senior Thatcher aide" at the centre of the North Wales Children's Home scandal. Of course,

Spiral Notebook



GILES BROADBENT

Twitter and the anony-blogs may well be wrong – and obviously are in many cases – but the increasingly familiar "we-know-you-know" nudge from newspapers – shading by degrees to leave a recognisable outline – puts a stately gloss on the subterranean goss.

■ The children's home scandal has only a tangential link to Savile although it is all fruit of the same poisoned tree.

Seems too easy, in some way, riding this bandwagon. Feels like it's not about

justice or putting right wrongs or listening to the victims and learning the lessons or all that kind of indulgent tripe we use to assuage our bloodlust.

It feels more like it's a result of the frustration that we were duped, that we paid homage to a perv, and it's not happening again, not on our watch.

But we still get to nail the crim so no harm done, right?

Pity we can't drop irradiated dye into guts so we can trace precisely where our motives lie.

Tatibha Ronson is away

POLITICAL NOTES & VIEWS

By Jim Fitzpatrick

A toll is better than no river crossing at all

Last week we saw a welcome proposal for a £600million Silvertown crossing.

The only problem is that it won't be TfL and mayor Boris Johnson who will be footing the bill.

Immediately the usual suspects lined up against the proposal for tolling stating it would amount to another tax on motorists at a time they have less money in their pockets.

Boris and TfL must get on with the crossings. Tolling has been timidly thrown to the public, but the bottom line is there is no London money for major projects, so this may be the only way to fund the build.

Tolling is a controversial issue but at a time when roads need to be built and the Government doesn't have any spare

change, it's the right thing to do.

We need a new Silvertown crossing, we need a crossing at Gallions Reach and we need it now. I understand that motorists will feel cheated but we should be asking ourselves what happens if the crossings don't get built. The alternative is dither, delay and disappointment for east Londoners who want less traffic and a boost to growth.

Tolling can be a way to push forward infrastructure that delivers the roads motorists want and the growth the country needs. If we want real change in transport in this generation it's time we consider all the options.



MP for Poplar and Limehouse

FILM

Ben's lessons in trouble-spots

■ The young **Ben Affleck**, a former child star, thought ahead. Promoting his Iran hostage drama *Argo*, he told us that an academic degree would be a more useful than a qualification in acting.

But he remembers Middle Eastern studies as being "a very lonely major".

But he was a serious fellow. He starred in numerous school plays with pal **Matt Damon** and says: "We were like a caricature of these precocious guys who took themselves way too seriously.

'We were a caricature of those precocious guys who took themselves too seriously'

"Everyone was studying the Soviet Union but it turned out my degree was even more relevant to our lives than I knew," says Affleck, who left for LA to pursue acting before graduation.

He was promptly cast in a Danielle Steele movie called *Daddy*.

"I made 20,000 US dollars and thought, 'That's it! I won't have to work again,'" he recalls, laughing.

But boredom quickly set in which is why he wrote *Good Will Hunting*.

"We saw it essentially as our acting reel," admits Affleck, who played the best mate of Damon's genius janitor in the film.



Ben Affleck's studies have helped him create his new role



Paul O'Grady fears Lily Savage would never survive HDTV

CHARLIE WHISKY

... is out and about

STAGE

How age is withering Lily

■ **Paul O'Grady** and his alter-ego **Lily Savage** may have muddled through the good times and the bad over the years – but there is likely to be a parting of the ways.

Lily may have survived Paul O'Grady's heart attacks, the HIV scares and his frequent outbursts but the "blonde bombsite" is never going to thrive in a world

dominated by the arch-enemy of the maturing entertainer – HD TV.

Promoting the latest instalment of his autobiography *Still Standing*, he told us that he's happy to dust off Lily for panto – she's Widow Twankey in *Aladdin* at The O2, but says this will be the last time.

"I'm 57, I feel I'm 207. I look in the mirror and I think, 'That's not a wrinkle, it's a gutter across my face!' Lily Savage will never do telly again. Not with HD," he says.

■ Unpack your 2013 diaries, open the pristine pages at February 2-3 and block out with a big black felt-tip pen.

For those are the dates that *Strictly* hits The O2 and hot off the press are the first alumni to sign up to the nationwide tour.

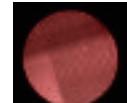
They are **Lisa Riley**, **Dani Harmer** and **Michael Vaughan**.

Tomorrow

... we'll all carry meta-data

Bokode

Remember the microdot? That staple of spy movies wherein the intel was hidden in a full stop in *Bleak House*. The Bokode is larger in diameter (about 3mm) but can be detected and read from long distances by a camera (say, one of the Google map cars or a smartphone).



These optical tags can carry meta-data about what is being viewed so items can be tagged for inspection.

Applications include items for sale, multiple gaming, classrooms and conferencing and tagging Google maps.

Today

App Of The Week



Via App

For those on the run, this new jogging app is quite something. You can select start and end points for your run and listen to music as it guides you in a more interesting direction.

£1.99 from iTunes

Yesterday

By Wharfinger

Eltham Palace

This pride of Greenwich borough is one of the few important medieval royal palaces in England to survive mostly intact, even though it fell into disuse once overshadowed by Greenwich Palace. It was acquired by the future Edward II in 1305 who passed it on to his queen, Isabella.



Edward IV added the Great Hall in the 1470s and Henry VIII was the last monarch to spend money or time at Eltham. By the 16th century it had been eclipsed.

Listmania Time-tellers

The clocks have gone back, the nights continue to draw in – at least these clocks tell you the bad news in style

1



Gro Clock, £24.99 • Somehow feels like it's too good for kids

2



Lumie Bodyclock Active 250, £89.99 • Simulates sunrise

3



Backwards Clock, £14.99 • That's how c-r-a-z-y we are

4



En Suspend Clock, £47 • Hallway hook meet Mr Clock

5



Verbarius, £149.99 • Tells the time how you would want to be told



Business

NEWS IN BRIEF

Business round-up

Bank declines to sign up for FLS

BANKING HSBC has declined to sign up for the Bank of England's Funding For Lending scheme – but insists it is "fully committed to helping the UK economy recover".

It is the only one of the big six lenders to refuse to take part in the scheme, which offers cheap funding to banks if they increase loans. It said it was already boosting its lending levels.

The Wharf-based bank has also announced that it was setting aside £700million to cover fines and penalties over its various money-laundering and mis-selling scandals.

VIP opening for firm's new depot

PROPERTY After 80 years of business in Charlton, air conditioning firm Andrew Sykes is moving to a new depot at nearby Peninsula Park.

Olympic silver medallist in judo, Gemma Gibbons from Greenwich, opened the 22,500sq ft premises along with Chris Powell, manager of Charlton Athletic FC, which are sponsored by the firm.

Andrew Sykes provides both air conditioning and heating for hire.

Planning chief to oversee legacy

PEOPLE Chartered surveyor Philip Lewis has been appointed new chairman of the London Legacy Development Corporation planning committee.



The planning group was set up a month ago to decide applications and which buildings receive listed status.

He said: "The Committee will help to drive forward regeneration plans for the area."

Bonus deferrals are cutting risks

FINANCE Bosses of UK financial services firms say newly introduced deferred bonus schemes are reducing the risk culture in the sector.

Research from Robert Half UK found 89 per cent of finance firms believe the changes are working.

The changes, brought about in response to the FSA Remuneration Code, have been adopted by businesses with stock payments and deferred compensation vesting over three year periods.

Cityjet bids to pursue a flight path to growth

AVIATION

Rob Virtue
@wharf.co.uk

The Government's dithering on a decision over London's aviation expansion plans doesn't spell stagnation for everyone.

Cityjet is one of those making hay following Newham Council's decision in 2008 to grant City Airport an extra 50 per cent of flights, taking the total allowed to 120,000 a year.

The airline, along with competitor British Airways-owned CityFlyer, has the vast majority of routes at the Royal Docks airport. Cityjet chief executive Christine Ourmieres recently unveiled new flights to Nuremberg and Munster.

At the launch she said: "There are great opportunities for London City with the restrictions of flights on others such as Heathrow, which won't see any expansion for decades. "City has an ambitious masterplan. It will stay a niche airport in a niche environment because of its inner-city location as opposed to Heathrow and Gatwick. But with the increase in destinations, people can think twice about travelling all the way on the Piccadilly line to get to Heathrow."

With growth of Canary Wharf and the regeneration of Newham in areas such as Stratford and the Royal Docks, City Airport's expansion fits in neatly. And its Siemens arrival, with its Crystal in Silvertown, that inspired the latest route to the industrial city of Nuremberg, where the German firm has a strong presence.

"When we do business we contact with all the representatives and



Cityjet chief executive Christine Ourmieres:
Being biggest is important to us

research from our links with our parent company Air France-KLM," said Ourmieres. "We look at what other airlines are expected to do and whether it will be beneficial for our customers.

"We will look at companies, including Siemens, and find out their needs. Then we make sure they know the flight is there and try it out.

"London City is a competitive airport and to be strong you have to focus on business travel.

"It's a bonus if that can also be used for leisure and we do have a number of routes to the south of France – which are popular with second home owners – but business is key."

This outlook separates it from CityFlyer, which recently launched leisure-only routes to the likes of Ibiza and Majorca in the Balearics and Faro in Portugal's Algarve.

The difference highlights for Ourmieres the complementary nature of the two big-hitters, despite constantly vying for the tag of City's biggest airline.

"Being biggest is important to us. A strong presence at an airport is always important.

"We do compete on Amsterdam and Edinburgh but not on others. So there's competition but most of the time, in fact, it's co-operation."

Go to cityjet.com.

Tesco unleashes its big mortgage bazooka

YOUR MONEY

When Tesco announced it would enter the home loans market in August, many wondered if the supermarket giant would really muster the clout and the will to take on the banks and building societies.

Rates on its initial mortgages were far from competitive. But, as Tesco Bank explained, a flood of applications from too many of its six and a half million regular customers could have knocked the venture off course.

Now Tesco has unleashed the big bazooka: its 1.99 per cent loan is the cheapest-ever two year fixed rate mortgage.

If money stayed as cheap as this



for long, the balance between buying and renting could swing back towards buying, providing a kickstart to the housing market which might at last do the trick.

However, there is a snag. Applicants need a deposit of 40 per cent to get the lowest (1.99 per cent) rate. But suppose an applicant for a Tesco Bank mortgage finds a deposit of 30 per cent, the rate of 2.39 per

cent means a £150,000 loan over 25 years costs £665 per month.

Many couples paying rent might try to buy at that price.

Andrew Hagger at Money comms.co.uk said: "Tesco Bank has really upped its game. These latest rate cuts give its High Street rivals something to think about."

At financial data specialists Moneyfacts, Sylvia Waycot is enthusiastic too.

"Now priced at 1.99% with a fee of £800, and an incentive package for remortgages of free legal fees and free valuation, Tesco's mortgage is an obvious Best Buy", she said.

What makes the Tesco Bank move particularly interesting is that it contradicts the claim that the Funding For Lending Scheme (FLS)

TRENDS

21%

British households that have reported property damage after Halloween and Bonfire Night in recent years

SOURCE: SANTANDER

3.5m

Number of workers who could miss out on auto enrolment in the new pension scheme

SOURCE: AWD CHASE DE VERE



£526

The amount the average Brit will spend on Christmas this year up from £378 for the festive season last year

SOURCE: HSBC

29%

Amount average pensioner household gives to the taxman in retirement in direct and indirect tax

SOURCE: METLIFE

devised by the Bank Of England "to incentivise banks and building societies to boost lending to UK households and non-financial companies" was a flop.

Ray Boulger, of leading mortgage broker John Charcol, says: "When I saw the Tesco rates, I wondered where they had found the money to make lending at this level profitable.

"But under the terms of the FLS, lenders can borrow 100 per cent of any increase in lending undertaken since June 30. As Tesco Bank was only authorised for home loans after June 30, it will be able to fund most of its original advances through the FLS, and Tesco Bank's target is to lend £1billion in mortgages in year one."

Jeremy Gates

Images



1



2



3

1

Arizona Cardinals cheerleaders entertain the crowd during an NFL game

REUTERS
Darryl Webb
UNITED STATES

2

Dallas Mavericks' Vince Carter, left, fights for a rebound with Los Angeles Lakers' Jordan Hill during an NBA game

REUTERS
Lucy Nicholson
UNITED STATES

3

Thomas Amort, a third generation fisherman, steers his boat on Lake Koenigssee to catch char to make Schwarzreiter, a specially prepared char fish which he smokes on wooden hazelnut sticks over an open fire at his cottage

REUTERS
Michael Dalder
GERMANY

Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro

AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070
Your finances are in need of some revision so that you can have a firm idea of how spontaneous you can be with your cash. Constructive options await.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071
You must try to listen to what a close one is asking of you. They'll only try a certain number of times to put their point across before they back down.

ARIES

MAR 21-APR 19

For more call 0905 817 2060
New ways to deal with stress makes it seem as if you have a weight lifted off your shoulders. Don't tell lies for friends, it will come back on you.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061
Even the simplest of papers will seem impossible to find and you may be better to leave any important issues, if you can, for a time when the planets have moved.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062
A surge of energy tonight could well see you staying out later than you had planned, so set your alarm clock in advance, you don't want to sleep in tomorrow.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063
Legal matters should go in your favour. However, after a recent setback, this is an upside to what is sure to have been a rather exhausting day. Phew.

LEO

JULY 23-AUG 23

For more call 0905 817 2064
Your ruling planet – the sun – is making it hard for you to see bad in anyone. This somewhat gullible mood could see you losing out in business. Be careful.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065
Don't talk to so many people about a friend's personal life. If the information was yours to share in the first place, that's fine, but it is not.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066
You don't seem to be adapting to a change as well as you had originally intended, but you must give yourself the appropriate amount of time.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067
A flirtation seems to be getting stronger with every day that passes, and if your intentions are not long term you may want to think about backing down.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068
You have taken on far more than you should have and you must now start to off load some of your responsibilities so that you can have a personal life.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069
You can only do so much to help your close ones, and then you must back down and leave them to their own devices. You have a way of being too helpful.

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Dinner and a Movie



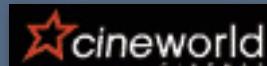
★ Fancy winning dinner and a movie for you and a friend?

We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema.

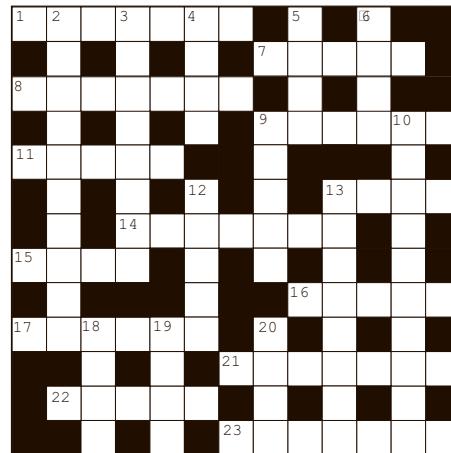
To be in with a chance of winning, just tell us the name

of the American actor who stars in the Iranian hostage drama Argo. Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is November 16, 2012.

Include your name and postal address and the details and tickets will be posted to you.



Crossword



ACROSS

- To see (7)
- Archery missile (5)
- Non-believer (7)
- Cadaver (6)
- Jeans fabric (5)
- Heap (4)
- Authorise (7)
- Fly high (4)
- Group of twenty (5)
- Polite and respectable (6)
- Irregular (7)
- To build (3,2)
- Stutter (7)

DOWN

- Annoying, troublesome (10)
- A cosmetic (8)
- Immense (4)
- Group of three (4)
- Broth (4)
- Talons (5)
- Cut of beef (10)
- Tennis, say (5)
- Announce publicly (8)
- Stout stick (4)
- Common sense (4)
- Worry (4)

EASY

5	6	9		8		2
7	3	4		8	5	
4			3	1		
			2	7	5	6
			9	3		
3	2	1	6			
	4		8			5
1	7			4	3	8
3		6		2	1	4

HARD

		3	7	5	
1		2	4		6
	3				7
5	4			9	8
6					5
3	2			4	1
	9			2	
4		1	8		7
	9	5	6		

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net

For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

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Anyone wishing to oppose the application must give notice in writing to David Tolley, Environmental Health Commercial Service Manager, Mulberry Place (AH), PO Box 55739, 5 Clove Crescent, London E14 1BY. WITHIN THREE WEEKS specifying the grounds of opposition.

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PAGE 12

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PAGES 46-47



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Sport

THE FANS'

ROAR

By Ian Toal

We still need to keep more clean sheets

Millwall Supporters Club
millwallsupportersclub.co.uk

It's been an eventful week for the Lions with two away games yielding four important points including an amazing 4-1 win at the County ground where we trounced in-form Nottingham Forest at the weekend.

That was an fantastic performance with all three of our main strikers finding the net.

That result will have made a lot of people in the division sit up and take notice but, more importantly, it got us three points nearer to the 50-point minimum needed to keep us up.

Although we are closer to the play-offs than to relegation, the target is to make sure we are playing in the Championship next season.

Just to keep our feet on the ground after that amazing performance against Forest, we

then rode our luck on Tuesday, away to Watford.

Still, it was a good away point and only our second clean sheet of the season

– the first one away from home. The centre half partnership of stand-in skipper Danny Shittu and loanee Mark Beevers has brought stability to our back line, so it was very pleasing to see us secure the latter until January last week.

Around the ground you often hear a supporters expressing astonishment that Sheffield Wednesday are letting him out on loan to a rival.

Judging by where they are in the division, they probably should be playing him.

Although we didn't hit the highs of the performance at Forest against Watford, an away point is always a decent return.

Sadly we lost a couple of key players in the second half of that match as James Henry and Darius Henderson were forced off with what looked like hamstring pulls.

That will make them both doubtful for the Derby County match at The Den this Saturday.

Last week, manager Jackett moved to bring in young Adam Smith – a right-back on loan from Spurs for three months. He has already played the last two away matches.

The right-back position hasn't been our strongest this season and we have leaked a few goals from there so hopefully this fresh addition to the side will further strengthen our defence and lead to the clean sheets we need to stay up.

In-form greats look to topple Federer's rule



The Barclays ATP World Tour Finals are at the North Greenwich venue until November 12

TENNIS

Rob Virtue
[@wharf.co.uk](http://wharf.co.uk)

Opening results at the Barclays ATP World Tour finals have gone the way of the form book with the top stars winning their first clashes at The O2.

Despite being third seed, Roger Federer's experience makes him the man to beat. He vanquished Janko Tipsarevic 6-3, 6-1, in a match that saw the Swiss lose just six points on his own serve.

The Serb was humble in defeat to the master. He said: "Everybody knows when Roger starts leading, he is probably the best player in the world when he's a break up early in the set."

Top seed Novak Djokovic and second seed Andy Murray both won and faced a showdown between each other last night before *The Wharf* went to press, while Federer has a stern test against Spaniard David Ferrer today.

It's a match that Ferrer believes couldn't come at a better time as

he's currently enjoying a rich vein of form.

"I don't know the secret of my good form," he said. "It has been the best season of my career. Maybe it's because I didn't have a big injury."

However, Federer is also confident. He said: "Coming in knowing I've played so well in past years, I expect myself to be at a solid level. I feel like I'm striking the ball well. I hope it's a sign of more to come but I don't want to get ahead of myself."

[Go to atpworldtour.com](http://atpworldtour.com).

Irons will relish league clash

WEST HAM

Giles Broadbent
[@wharf.co.uk](http://wharf.co.uk)

THE Irons are heading north into the cauldron of St James Park on Saturday – but it was their own generated noise and bustle beneath the tight Boleyn Ground lights that saw them take away a gritty goalless point against champions Manchester City last weekend.

While the team went into the game full of confidence, the neutral would have plumped for a blues win – especially when the silky stylists started to take possession and control.

A nod to unlikely West Ham hero Carlos Tevez – which was returned



with a salute – and then down to business as usual. And that business is the needling, hard-fought spirited commitment that has kept them in the top half.

Sam Allardyce will be relishing his return to Newcastle on the back of what he said was "my best point yet". He was in charge in the north east for just 24 games and eight months in 2008. And there's another player looking to put one over on his old club – Andy Carroll. The perfect place to end his goal drought.

Allardyce said: "We're trying to get more crosses into Andy and in the end percentages will pay off."

"Once he scores the first one he will be off and running."

Andy Carroll's goal drought continues

Watch this GAME

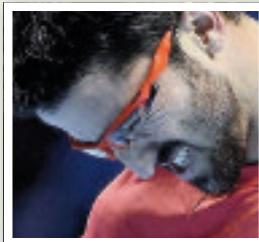


Federer v Ferrer – something's got to give as the Swiss takes on the Spaniard today.

Highlights



World number one Novak Djokovic beats Frenchman Jo-Wilfried Tsonga 2-0.



Serbian Janko Tipsarevic grimaces as Roger Federer proves too good, winning 2-0



Sixth seed Juan Del Porto sits after dejected after losing to David Ferrer 2-1



US Open winner Andy Murray comes from behind to beat Czech Tomas Berdych 2-1

Win must be used to build up confidence

CHARLTON

Rob Virtue
@wharf.co.uk

CAPTAIN Johnnie Jackson proved to be the key man against Cardiff on Tuesday night, sparking a comeback from 2-0 down with a brace.

And after the Addicks went on to win 5-4 he said it was a "reward" for the fans who had maintained their support during a sticky period at The Valley, which had seen them go without a win for six games.

"Last year it was a bit of a fortress but this year, for whatever reason, we can't seem to find our form at home," said Jackson, whose two goals brought Charlton level by half-time.

"It's been difficult. Tonight on paper it looked like being another difficult one and it was, but the fans have stuck with us, not got on our backs and they got their reward.

"We've got to take confidence after scoring five goals against a good side and use that as a springboard to go on to better things."

Dale Stephens, Danny Haynes and Rob Hulse were also on target for the free-scoring Addicks who were



Charlton's Danny Haynes finds the target against Cardiff on Tuesday

W

What do Addicks need to do now?

"You can see if you get back to back wins, that's when you leap up the table. We need to raise our game."

Johnnie Jackson

playing with a number of individuals out of position.

Jackson said his team showed courage amid a growing injury list and poor run of form.

"We emphasised before the game it's time for us all to dig in together, stick

together as a squad through difficult times and it shows tonight what can happen when you do that," he said.

The Addicks now travel to Bristol City on Sunday who are without a win in six.

Jackson said it was imperative to keep the run going against the south-west strugglers.

"It's going to be difficult," said the 30-year-old. "You can see if you get back to back wins that's when you leap up the table.

"It's a good opportunity to go there and put some distance between us. We seem to raise our game against the fancy, bigger teams but we need to do that as well on Saturday."

SPORT IN BRIEF

Club results

Blackheath are denied at death

RUGBY Despite defending resolutely for 55 minutes, after a try from Dave Allen gave them a seven-point lead, Blackheath were beaten down to 13-10 by Coventry in the closing minutes of the game.

The south Londoners host Rosslyn Park on Saturday.



James Catt of Blackheath tests Coventry's defence

Millwall pound Burnham 74-0

RUGBY Millwall's first team romped to a 74-0 victory over newly promoted Burnham with wing Matt Hopkins, scoring five tries on his debut. Karl Mitchell, Alex Wenham, Rob Quinn and Sean Russell also scored.

The first team entertain Upper Clapton in the cup this weekend.



Charlton captain Johnnie Jackson, centre, is congratulated by his team mates after scoring

WEEKEND FLUTTER

WITH THE
RACING POST

RACING

The curtain falls on the Flat season this Saturday when the November Handicap takes centre stage at Doncaster.

In a field full of exposed types the Sir Henry Cecil-trained **First Mohican** looks a great wager at 5-1. The conditions should be perfect.

Edward Quigley

FOOTBALL

It's been a long time coming but **Reading** can finally get their first Premier League victory of the season at home to Norwich.

The free-scoring Royals, at odds of 13-10 look top value for that long-awaited win.

Mark Langdon

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